

Your Local Services - Mid Western Region

Service	Limerick	Clare	Tipperary North
Women's Refuge and Support Services	ADAPT Services, Rosbrien, Limerick Tel: 061 412 354 Helpline: 1800 200 504	Clare Haven Services, Ennis Tel: 065 684 2646 Helpline: 065 682 2435 website: www.clarehaven.ie	Ascend Services, Roscrea Tel: 0505 23379 Helpline: 0505 23999
Rape / Sexual Assault	Rape Crisis Midwest Phoenix House, Punches' Close, Rosbrien Road, Limerick Tel: 061 311 511 Helpline: 1800 311 511 website: www.rapecrisis.ie	Rape Crisis Midwest Outreach Service Ennis Please contact Limerick centre Tel: 061 311 511 Helpline: 1800 311 511	Rape Crisis Midwest Outreach Service Nenagh Tel: 067 41122
Sexual Assault Unit Limerick for Victims of Rape and Sexual Assault	This service is available 365 days a year. Contact your local Garda Station to access this service.		
Garda Síochána Emergencies dial 999/112	Henry St. Tel: 061 212 400 Roxboro Tel: 061 212 340 Newcastlewest Tel: 069 62111	Ennis Tel: 065 684 8100 Shannon Tel: 061 361 212	Thurles Tel: 0504 25100 Nenagh Tel: 067 31333
Hospitals	Regional Hospital Dooradoyle, Limerick Tel: 061 301 111	Ennis General Hospital Ennis Tel: 065 682 4464	Nenagh General Hospital Nenagh Tel: 067 31491
Legal Aid Board - Law Centres	Lock Quay, Limerick Tel: 061 314 599	Unit 6A, Merchant's Sq., Ennis. Tel: 065 682 1929	Abbey St. Nenagh Tel: 067 34181
District Court Offices	Limerick Tel: 061 414 300	Ennis Tel: 065 682 1682	Nenagh Tel: 067 31319
Probation Service	Theatre Court, 15 Lwr. Mallow St. Limerick Tel: 061 206 320	Court House, Ennis Tel: 065 684 0682	Silver Street, Nenagh Tel: 067 41565 Parnell Street, Thurles Tel: 0504 24772
Citizens Information Centres	54 Catherine St. Limerick Tel: 061 311 444 Market Yard, Newcastle West Tel: 069 62808 Sheares St, Kilmallock Tel: 063 20021	Bindon Lane, Bank Place, Ennis Tel: 065 684 1221 Frances St. Kilrush Tel: 065 908 0056	43 Pearse St. Nenagh Tel: 067 43060 Rosemary St. Roscrea Tel: 0505 22676 34/35 Croke St. Thurles Tel: 0504 22399
Health Service Executive West	Unit 3, St. Camillus' Hospital Tel: 061 483 711 Roxtown Health Centre Tel: 061 417 622 Newcastlewest Health Centre Tel: 069 62155	River House, Gort Road, Ennis Tel: 065 686 3935 Tel: 065 686 3909	Annbrook, Limerick Road, Nenagh Tel: 067 41934 St. Mary's Health Centre, Thurles Tel: 0504 23211
Traveller Community Support Services	Limerick Traveller's Development Group 30 Castlepark, Moyross Tel: 061 321 722	Clarecare, Harmony Row, Ennis Tel: 065 682 8178	Roscrea 2000, Resource Centre, Newline, Roscrea Tel: 0505 23379

Domestic Violence

Sexual Violence

Important Information for Women

in the Mid Western Region



DEPARTMENT OF JUSTICE, EQUALITY AND LAW REFORM
AN ROINN DLÍ AGUS CIRI, COMHIONANNAS AGUS ATHCHÓIRTHE DLÍ



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

**NATIONAL STEERING COMMITTEE ON
VIOLENCE AGAINST WOMEN**

If you are experiencing violence there is help available

It is not just about being physically abused. Violence can go well beyond this. It can include harassment and humiliation, emotional and sexual abuse, rape, coercion, stalking, being continuously put down or criticised and having restricted freedom and isolation from family and friends.

End the Abuse

Thousands of women in Ireland are experiencing violence. Recent surveys on violence against women showed that:

- 15% of women have experienced severely abusive behaviour of a physical, sexual or emotional nature from a partner at some time in their lives.
- 9% experienced physical violence.
- 8% sexual abuse and 8% severe emotional abuse.
- Multiple forms of abuse were common.
- Among women attending maternity services 12.5% experienced abuse during pregnancy.

End the Silence

Recent surveys show:

- Only 10% of rape and sexual assault cases are ever reported.
- 28% of women raped by strangers reported to Gardaí.
- Only 5% of those raped by relatives or boyfriends reported to Gardaí.
- 80% of rape cases are perpetrated by someone the woman knows.

In 2003, 2,813 women sought emergency refuge accommodation.

In 2005, Women's Aid received 25,843 calls to their National Domestic Violence Helpline.

If you are experiencing violence there is help available.

You will not be told what to do.

You will be shown the options available to you.

It's your life and your decision.

National services

Ambulance Service
Tel. 999/112

Garda Síochána (24 hours)
Tel. 999/112

Or your local Garda Station

Dublin Rape Crisis Centre
National Helpline (24 hours)
Tel. 1800 778888

Women's Aid Helpline
(10am to 10pm)
Tel. 1800 341900

Your local services

A comprehensive range of local services are available to you should you need them. Information and support is available on many of the following areas:

- Domestic violence
- Rape and sexual assault
- Adult survivors of child abuse
- Crisis accommodation and refuges
- Empowerment and women's rights

Contact details are overleaf.